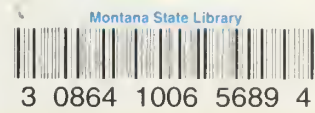


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A Retreat for HIV Positive Women

On October 1, 1995, women gathered outside Helena to share information, provide support, create, recharge and reflect with each other about living with HIV. This year's conference drew 27 women from several western states. Many women were returning from previous years' conferences.

The event included a larger staff this year and offered the participants workshops in medical and alternative treatments, storytelling as a group therapy interaction and provided them with the opportunity for massage therapy, chiropractic sessions, energy work and consultation with nurses and counselors. On-going sessions in the design and construction of baskets provided a creative outlet, social time and a tangible symbol of the event. The core of the event was the interaction between the participants and interaction with the staff. According to their evaluations, once again the women established that the "power" in these gatherings is the connections.



DIABETES: DID YOU KNOW?

Diabetes is serious and common. There is no cure.

Diabetes is complicated. It can cause:

- vision loss and blindness
- nerve damage which can result in amputations
- kidney damage
- heart disease
- stroke
- poor pregnancy outcomes

A 1994 telephone survey conducted by the Montana Department of Public Health and Human Services (DPHHS) indicated that 2.5% of Montana adults have been told by a doctor they have diabetes. Remember, only half of those with diabetes know they have it.

The same survey told us the number of persons who have been told by a doctor they have diabetes is much higher among Montana's Native American adults: about 7.2%.

In 1992, the direct and indirect costs of diabetes in Montana were approximately \$336 million dollars.

Total hospitalizations for diabetes in 1992 were 7,504. During the same year there were 41 new cases of blindness and 63 of end-stage renal disease attributable to diabetes.

Diabetes is the seventh leading cause of death in Montana.

Diabetes research is seriously underfunded. Here's how it stacks up in federal research dollars:

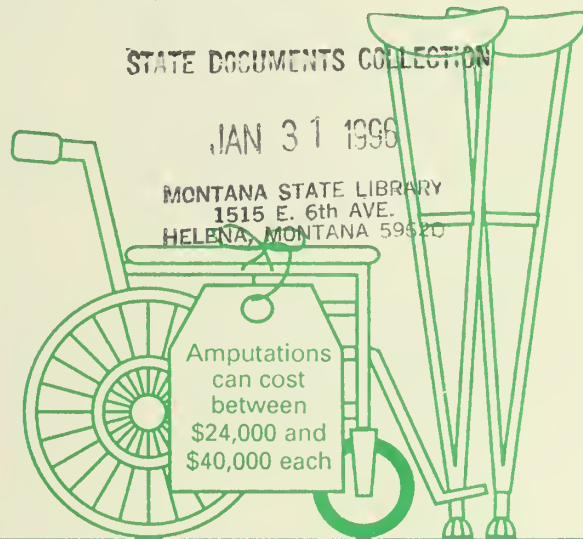
Disease	\$ per person affected
1. HIV/AIDS	\$1,069
2. Cancer	295
3. Multiple Sclerosis	158
4. Heart Disease	93
5. Alzheimer's	54
6. Parkinson's	30
7. Diabetes	21

If you would like more information on diabetes, contact the Montana Diabetes Control Project at (406)444-0593.

Diabetes' Tragic Costs

54,000 diabetes-related amputations are performed each year in the U.S. costing more than \$600 million.

Source: Diabetes in America, NIDDK, pub. no. 95-1468, 1995.



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Montana Health Promoter

NATIONAL 5 A DAY WEEK A SUCCESS IN MONTANA!

According to reports from around the state, over 382,000 Montanans got the message during **National 5 a Day Week** in September! This year's theme was **Take the 5 a Day Challenge**. The National Cancer Institute (NCI) and the Produce for Better Health Foundation (PBH) began sponsoring the **5 a Day for Better Health** program in 1991 as a way to encourage all of us to enjoy the great taste and health benefits of at least five servings of fruits and vegetables each day. The number of people who know about the benefits of eating more fruits and vegetables has tripled in the last four years. This year's message inspired us to put that knowledge into practice.

The **EAT RIGHT MONTANA** coalition in conjunction with its industry partner, Food Services of America, launched **5 a Day BINGO** during the week. **5 a Day BINGO** puts a new twist on an old favorite. It uses clever clues and trivia to teach players about fruits and vegetables. The game was used in numerous settings across Montana - WIC clinics, Head Start programs, senior centers, Bingo halls, schools and hospitals - and with all age groups. **5 a Day BINGO** players not only had fun playing the game, they also won prizes, learned a few things, and tasted some great fall fruits and vegetables. Many took the **5 a Day** challenge for the week.

In addition to the individual activities happening all over the state, there was great media coverage by newspapers, and radio and TV stations. One of the most exciting media opportunities happened in Havre and along the high line. The local radio station with support from Northern Montana Hospital conducted a week-long trivia contest using the **5 a Day BINGO** clues. Winners received gift certificates for fruits and vegetables.

The **5 a Day BINGO** game is available from Food Services of America (406-238-7800) for \$25 plus \$5 shipping and handling. All proceeds from the game will go to **EAT RIGHT MONTANA** to further nutrition education efforts in the state.

TOBACCO CONTROL LEGISLATION

Two bills relating to tobacco control passed the 1995 Legislature, were signed into law by Governor Marc Racicot and became effective October 1, 1995.

House Bill 539 is aimed at merchants. The bill amends the Youth Access to Tobacco Products Control Act. Designed to educate merchants to refrain from selling tobacco to minors, the bill creates an educational and compliance structure to enforce the law:

Violations:

- *** The first three violations are verbal. Merchants will receive educational materials about the law, the impact of tobacco on our youth, and suggestions for merchants on how to educate clerks to avoid sale of tobacco to minors.
- *** Fourth violation: the merchant will receive a written warning
- *** Fifth violation: \$500 fine plus educational materials
- *** Sixth violation: three month suspension of their tobacco license
- *** Seventh violation: A one-year suspension of their tobacco license

A \$100 civil penalty will be assessed for:

- *** Failing to be licensed
- *** Failing to conspicuously post signs at display locations
(not just the location of sale)

Signs will be provided by the Montana Department of Revenue.

Other changes:

- *** After two years from the first educational opportunity, a second violation is then considered a first violation.
- *** The sale of single cigarettes in Montana has been banned.
- *** It is anticipated that compliance checks will be done on an annual basis. An individual under the age of 18 assisting with compliance checks is not liable under civil or criminal law for the possession of tobacco products if the minor has been approved to participate.

House Bill 457 makes it illegal for anyone under the age of 18 to possess or use tobacco.

Penalties:

- *** First offense: \$35
- *** Second offense: \$75 - \$100
- *** Third and subsequent offense: \$100 - \$250

A judge may, in addition, assign community service or require that the individual attend a tobacco cessation program. This bill will be treated much the same as a traffic violation. Upon observing an individual or group of youth smoking in the normal course of patrol, officers can stop and issue a ticket.



CANCER FACTS

A call to action to reduce the burden of cancer in Montana is described in newly published THE IMPACT OF CANCER ON MONTANA: Part 1 - CANCER FACT BOOK; and Part 2 - STRATEGIC PLAN - A FIVE YEAR FOCUS ON MONTANA (1995-1999).

CANCER FACT BOOK highlights include:

Cancer related resources and services in Montana, including resources within DPHHS.

Descriptive statistics about Montana's cancer burden in some ways different from other U.S. populations, in many ways similar. Cancer is the leading cause of death in Montana when death rates are adjusted to account for age differences between Montana and U.S. populations. Heart disease is the leading cause of death in the U.S.

The cancer burden on Montana's Native Americans. Native Americans are less likely to get cancer than Whites, but Native Americans with cancer are less likely to survive.

The burden of the four leading cancers (lung, prostate, breast and colo-rectal) along with public health measures. * In Montana, lung cancer is the leading cause of cancer deaths; prostate and breast cancer are the most frequently diagnosed cancers. * Three of the four most common cancers have a greater than 90% survival if detected early. The fourth (lung cancer) has a low survival rate and most lung cancer can be prevented by smoking cessation.

Unique cancer risks to children. * An alarming 36% of Montana's male high-school students now use smokeless tobacco. * Sunlight exposure during childhood can extend skin cancer risks into adulthood. Almost 80% of one's total lifetime sun exposure occurs during childhood.

Environmental issues and cancer risks to Montanans. Environmental risks of toxic wastes are important to Montanans because Montana has the largest concentration of federal Super Fund sites in the nation.

STRATEGIC PLAN highlights include:

Major goals and objectives for public health aimed at reducing the burden of cancer in Montana.

Plans for increasing access to care and early detection, intervention, education, and coordination; providing core capacity expertise; reducing cancer risks; increasing resources; and development of policies, resources and services.

For further information, or to receive a copy of the CANCER FACT BOOK and/or the STRATEGIC PLAN, call DPHHS: Epidemiology (444-0273); Cancer statistics (444-2618); Program issues (444-2640).

12 FUN RESOLUTIONS YOU'LL LOVE TO KEEP

Why make a resolution you know you won't keep? Do some things that are good for your health & fun at the same time!

I resolve that in 1996 I will:

1. Take more naps.
2. Look through old family photos.
3. Learn to aerobic dust.
4. Stand in a downpour & dance to "Singing in the Rain".
5. Tell more people I love them.
6. Collect quotes that have some meaning to me.
7. Make sure the batteries work in smoke detectors.
8. Spend more time with non-human animals.
9. Learn more about my relatives (*no matter how strange they are!*)
10. Buy some rose-colored glasses & see the world through them.
11. Try a new food once a week.
12. Cut out my favorite funnies & save them or share them with friends.



Montana Health Promoter

UPCOMING EVENTS & NATIONAL HEALTH OBSERVANCES

- February 14, 1996 NATIONAL CONDOM DAY
- March, 1996 NATIONAL NUTRITION MONTH
- March 26, 1996 AMERICAN DIABETES ALERT
- April 1-7, 1996 PUBLIC HEALTH WEEK—For further information contact Patrick Smith at (406) 444-2555
- May 17-18, 1996 DIABETES EDUCATION SEMINAR—For health care professionals, Fairmont Hot Springs, Anaconda. For information contact Jane Smilie at (406) 444-6677.
- May 18, 1996 SEMINAR FOR PEOPLE WITH DIABETES and family members, Fairmont Hot Springs, Anaconda. For information contact Jane Smilie at (406) 444-6677.
- May 22-24, 1996 5TH MONTANA CONFERENCE ON HIV/AIDS—HIV on the Frontier: The Rural Perspective on Prevention and Care. Holiday Inn. Bozeman. For information contact Linda Lahti at (406) 444-2775.

Montana Health Promoter

Chronic Disease Prevention
& Health Promotion
Cogswell Building
Helena, MT 59620

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DENTAL HEALTH: PROJECTS FOR PROMOTION

Dental health needs assessment

Thanks to fluoride and dental sealant, a decrease in dental decay has occurred nationally. But, how successful have we been in reducing dental disease in Montana? This is just one question that remains unanswered and there are many more that are unanswered for lack of a coordinated, comprehensive dental needs assessment in the State.

A highly-skilled Montana Needs Assessment Committee has been assembled and will answer some of these questions using the Association of State and Territorial Dental Directors innovative model for assessing dental health needs. This assessment model is a tool to measure need in this State in order to develop appropriate responses at the state level and assist others who need assessment data. This model relies on a systematic data collection and analysis process and is translatable to an action plan.

Information on the most recent activities of this committee is available by contacting Mary Lou Abbott, RDH, MA, Dental Project Officer, (406)444-0276.

COMPREHENSIVE SCHOOL HEALTH: PROJECT CONNECT

The aim of PROJECT CONNECT is to develop a model for school health staff development utilizing multi-media, interactive distance learning approaches. This project involves a partnership between individuals in Montana representing health, education, social services and telecommunications and the University of Colorado, Office of School Health and their consultants.

State level staff and interdisciplinary teams in Sweet Grass, Lake and Dawson Counties participated in the fifteen hour course, "Basic Concepts in Identifying the Health Needs of Adolescents", utilizing distance learning approaches. For more information on Project Connect contact Mary Lou Abbott, (406)444-0276.

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The *Montana Health Promoter* is published by the Chronic Disease Prevention and Health Promotion Program of the Montana Department of Public Health and Human Services.

If you have comments, suggestions or items for the calendar of events, please contact Valinda Holmes, (406) 444-2640.